

It's All  
About  
Kids



interactive nutrition games

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# Fruit and Veggie Flip Card<sup>1</sup>

## Purpose:

- Kids will be able to identify the names of different fruits and vegetables
- Kids will be able to state how many servings of vegetables (3) and how many servings of fruits (2) they should eat everyday

## Supplies:

- Laminated fruit and vegetable words (name of a fruit on the front and vegetable on the back)
- Laminated numbers (number 3 on the front and 2 on the back)

## Game Set-Up:

- Scatter the cards that have fruits one side and veggies on the other around the gym – make sure some have the names of fruits facing up and some have the names of veggies facing up
- Scatter the cards that have the number 2 on one side and 3 on the other side around the gym – make sure some have the 2 facing up and some have the 3 facing up

## Description:

- Divide the students into two teams – one team is the “fruits” and the other team is “veggies”
- Explain to the kids that the goal of the game is to try to get all the cards to have the name of a fruit facing up if they are on the fruit team or to get all the cards to have the name of a vegetable facing up if they are on the veggie team.
- Each day, kids are supposed to eat three servings of vegetables a day and two servings of fruits a day. The fruit team is also trying to get all the cards to show the number 2 while the veggies are trying to get all the cards to show the number 3.

## Teaching Moment:

- Ask the kids on the vegetable team to name some of the vegetables and say what color they think it may be
- Ask the kids on the fruit team to name some of the fruits and say what color they think it may be
- Ask the kids why they think it’s important to eat a variety of fruits and vegetable every day
- Explain that eating different fruits and vegetables that are different colors is important because the different colors means they have

## Fruit and Veggie Spot Touch<sup>1</sup>

### Purpose:

- To identify the colors of different fruits and vegetables when given the name of a fruit or vegetable

### Supplies:

- Colored Poly Spots

### Game Setup:

- Scatter the poly spots around the gym

### Description:

- The instructor will call out a fruit or vegetable and the kids will run and touch the color of the poly spot that fruit or vegetable is with their foot. Play one round this way.
- On the second round, call out a fruit AND a vegetable and have the kids step on the corresponding poly spots. Play a couple of rounds this way.
- As the kids get good at the game, change the rules. This time, the instructor will yell out a color or colors and when the kids step on the spot they have to shout out a fruit or vegetable that is the color or the spot.

### Teaching Moment:

- Ask the kids why they think it's important to eat a variety of fruits and vegetable every day
- Explain that eating different fruits and vegetables that are different colors is important because the different colors means they have different nutrients in them that helps our bodies grow and be healthy.

## Fruit and Veggie Tag<sup>2</sup>

### Purpose:

- To learn the colors and names of different fruits and vegetables

### Supplies:

- Colored Wristbands

### Game Setup:

- Designate an activity area big enough so students can run around
- Give each student a colored wristband – try to make the teams even

### Description:

- The teacher will call out a fruit or vegetable and whatever color and the taggers become the students who are wearing the corresponding color on their wrist
- For example, if a banana is called, all students with yellow wristbands are “it” and begin tagging all other students
- When a student is tagged, they must exit the playing area and do five exercise of the teacher’s choice. After they complete the exercise, they may return to the game.

### Teaching Moment:

- How many servings of fruit (2) and vegetables (3) should you have a day?
- Name some fruits and vegetables by their color.
- Why are fruits and vegetables different colors? They have different nutrients in them that our bodies need to grow and be healthy.
- How much of your plate should be fruits and vegetables at each meal? *Half of your plate*

## Musical Food Groups<sup>3</sup>

### Purpose:

- To learn what foods go into each food group

### Supplies:

- Food Group Bean Bags or Pictures of Healthy Foods from each Food Group
- 5 Cones
- Name of Each Food Group Printed on 8 ½ x 11 Paper
- Tape

### Game Setup:

- Tape the name of each food group on one cone
- Designated the four corners of the room plus one additional area for each of the food groups. Ex: the cone with the word “vegetables” will go in one corner, the cone with the word “fruits” will go in another corner and so on
- Put the pictures of foods in the middle of the gym.
- Tell the students they have 10 seconds to pick a corner to start from – explain that the corner they start in is not necessarily the corner they will return to
- Emphasize the importance of not sorting through the pictures, but rather picking the first one they see – it may be helpful to start with the pictures face down

### Description:

- On GO, students will run to the middle of the gym and pick up one picture
- The student decides what food group that food goes in to and run to the designated area. Ex: a student picks up a picture of a banana. Bananas are a fruit so they are to run to the area designated for the fruit food group.
- When the music stops, all students freeze where they are
- If a student is still traveling, they owe five exercises of the teacher’s choice and then they can decide what group their picture fits into and travel there
- Go through each food group and determine if all the foods in the group are correct
- If any food is misplaced (Ex: chicken in the fruit group or cheese in the protein group), have the students correct the mistake
- Once all the foods are in the correct groups, have the students return the pictures to the middle and reset the game

### Teaching Moment:

- Have the kids name foods from each food group
- What is the one thing ALL dairy foods are made from? *Milk*
- What are protein foods? *Meat, beans, and nuts*
- What do all fruits have? *Seeds*
- How can you tell the difference between fruits and vegetables? *Fruits taste sweeter than vegetable*

## MyPlate Musical Chickens<sup>2</sup>

### Purpose:

- To learn about MyPlate and adopting healthy nutrition habits

### Supplies:

- 1 Chicken per Group

### Game Setup:

- Divide the students into two or three groups of 10 or more and have them make a circle with their group
- Each group will get one chicken

### Description:

- While the music is playing, players throw the chickens to anyone in their circle
- When the music stops, the instructor will ask a question and the first person with the chicken to raise their hand and answer correctly gets a point for their team

### Game Questions:

- How much of your plate at meals should be fruits and vegetables? (*Half*)
- What food groups does a beef taco fit into? (*Protein Foods: ground meat; Vegetable: lettuce, tomato; Grain: tortilla/taco shell; Dairy: cheese, sour cream*)
- Shrimp belongs to what food group? (*Protein Foods*)
- Yogurt belongs to what food group? (*Dairy*)
- Beans and peas are special. They belong to two food groups. What are they? (*Vegetables and Protein Foods*)
- 100% orange juice is a part of what food group? (*Fruit*)
- At least 60 minutes of what is recommended each day for a healthy lifestyle? (*physical activity*)
- Cream cheese is part of what food group? (**TRICK!** *It's not part of any food group. Cream cheese is mostly fat. It does not contain enough nutrients to be part of the Dairy Group like most people think.*)
- Provide two examples of whole-grain food. (*Answers can vary. Ex: brown rice, whole-wheat bread/pasta/tortilla/crackers, oatmeal, buckwheat, quinoa, popcorn*)
- Water is part of what food group? (**TRICK!** *It's not. But it is an essential nutrient, and some fruits and vegetables like cucumber, celery, apple, orange, tomato, and watermelon have high water content.*)
- Dark-Green, Starch, Red and Orange, Beans, and Peas – these are subgroups of foods in what food group? (*Vegetable*)
- What is a whole-grain alternative to white rice? (*Brown rice*)
- A Hawaiian pizza, with pineapple and ham as toppings, belongs to what food group? **BONUS 2 points** (*All five! Fruit: pineapple; Vegetable: tomato sauce; Protein: ham; Dairy: cheese; Grain: crust*)
- Kale is an example of a \_\_\_\_\_? (*Vegetable; specifically a dark-green*)
- Which of the following are examples of physical activity? Jumping rope, playing soccer, taking a walk, raking leaves, yoga, dancing, and sleeping. (*All except sleeping*)

- Name five vegetables beginning with the same letter. **BONUS 5 points** (*Answers can vary. Ex: carrot, celery, collard greens, corn, cassava, cabbage, cauliflower*)
- What food groups are missing from this meal: fish, beans, broccoli, and milk? (*Grain and fruit*)
- Walnuts, almonds, and peanuts are examples of what, and all belong to what food group? **BONUS 2 points** (*Protein*)
- Which of the following is not a whole grain? Oatmeal, shredded wheat, whole-wheat toast, corn flakes? (*Corn flakes*)
- Identify four types of beans that are Protein Foods? (*Black beans, kidney beans, soy beans, pinto beans, navy beans, white beans, etc.*)
- What are five foods from the Fruit Group that make good on-the-go snacks? (*Raisins, apples, plums, unsweetened applesauce cups, 100% fruit juice, etc.*)
- Make at least half your grains each day whole grains. Which of the following are examples of whole grains? Animal crackers, corn bread, cheese puffs, pretzels, whole wheat crackers? (*Only the whole wheat crackers*)
- Create a breakfast with foods from the Protein, Fruit, Dairy, and Grain Groups. Make grain a whole grain. **BONUS 4 points** (*Answers can vary. Ex: whole-wheat English muffin, scrambled egg, strawberries, fat free milk*)
- Create a healthy and delicious snack to keep you full. Must include at least 3 of the 5 food groups. **BONUS 4 points.** (*Answers can vary*)

## Food Group Stew<sup>2</sup>

### Purpose:

- To teach students about healthy eating

### Supplies:

- Food Group Bean Bags or Pictures of Healthy Foods from each Food Group
- 3 Noodles
- 4 Hula Hoops

### Game Setup:

- Divide students into four teams
- Place one hula hoop in each of the four corners
- Place all the bean bags or pictures of food in the middle of the gym
- Give three students a noodle and have them go to the middle of the gym and surround the bean bags – they are acting as chefs to guard their stewpot

### Description:

- On go, one student from each team will run to the middle and try to get a bean bag. The chefs are trying to tag the students BEFORE they get a bean bag.
- If a student gets tagged BEFORE they get a bean bag, they are to return to their team and the next player in line tries to get a bean bag.
- If a player is tagged AFTER they have retrieved a bean bag, the student is allowed to take the bean bag back to their group, but BEFORE they do, they must do five exercises of the teacher's choice. Once the player has completed the exercise and returns to the team, the next player in line may go.
- The first team to collect one bean bag or picture of food from each food group wins
- You can change up each rounds – one round can be one from each food group, another round can be to get as many fruits as possible, and another can be to get as many dairy foods as possible.

### Teaching Moment:

- Why is it important to include foods from each food group on your plate? *Different foods do different things for our bodies to help us grow and be healthy*

## Food Group Frenzy<sup>2</sup>

### Purpose:

- To learn the difference between healthy and unhealthy foods and how healthy foods can become unhealthy for us

### Supplies:

- Food Group Bean Bags
- 5 Hula Hoops

### Game Setup:

- Place one hula hoop in the middle of the gym and put the bean bags inside the hoop
- Place the remaining hoops in each corner of the gym
- Divide students into equal groups and assign them to a hoop in one of the four corners

### Description

- On GO, the first person in line will run to the middle and grab one bean bag and put it in their team's hoop. Tag the next player in line to do the same.
- When all bean bags are gone, have the kids freeze. Explain that now, the goal of the game is to get as many healthy foods in their hula hoops as possible by stealing bean bags from other teams
- Students may grab one bean bag from one team at a time. When a bean bag is stolen, add it to their teams hula hoop and run to another team and grab another bean bag
- At the same time, try to get rid of the unhealthy foods. You may take one unhealthy food from your teams hoop and put it in another team's hoop. Once you have dropped off the unhealthy food you may grab a healthy food from that team and take it back to your team's hoop
- Students should only have ONE bean bag in their hand at all times!
- After a few minutes have the kids return to their teams and count the healthy and unhealthy bean bags. Healthy foods count as one point and unhealthy foods count as a negative point

### Teaching Moment:

- How many food groups are there? *Five*
- Are there any unhealthy foods on the bean bags you eat?
- Is it okay to eat things that are unhealthy for us? *Yes, but only sometimes. Most of the food we eat should be good for us and come from one of the five food groups*
- Can foods fit into a food group and be unhealthy for us? *Yes*
- Can you give any examples? *Bacon (protein), Fried Chicken (protein), Whole Milk (dairy), Ice Cream (dairy), Stir Fry Vegetables (vegetables), White Bread (grains)*
- What are some ways we cook foods to make them unhealthy? *Fry foods*
- When we fry foods, what do we add to them? *Fat, butter, margarine, lard, oils*
- What are some ways we cook foods to keep them healthy? *Bake, broil, steam, grill*

## Let's Make a Meal Shootout<sup>4</sup>

### Purpose:

- To learn how to make a complete meal by using the five food groups

### Supplies:

- Pictures of Foods from the 5 Food Groups
- Cones
- Dodgeball (enough for one per group)
- 3 Trash Cans

### Game Setup:

- Place the cones on the end of the court and put a ball beside each cone
- Set up three trash cans 20-30 feet from the cones across the width of the court
- Put all the pictures of food in a bucket and have each student draw a card
- Students should not look at their card until instructed
- Have the kids spread out all around the gym with their cards

### Description

- On GO, students will make groups of five and within their group, a food from each of the five food groups should be represented. Groups should consist of a fruit, vegetable, grain, dairy, and protein
- Once a group of five has been assembled, the team will run to a cone and complete the rest of the game
- The first player in line will take their ball and try to shoot it in the trash can. Once the player has made one bucket, they are to retrieve their ball from the bucket and run a down and back
- The player will hand the ball to the next person in line and they will shoot the ball
- To win, each member of the team has to make a bucket and complete one down and back
- The winning team will choose an exercise for the other teams to complete

### Teaching Moment:

- Name the five food groups – *fruits, vegetables, grains, dairy, meat and beans*
- How many foods make up a complete meal? *Five*
- Think of what you ate for dinner last night or for lunch today. Did you eat a complete meal?
- If you didn't, do you need to add to your meal?
- If you don't add it to your meal, when could you eat the remaining food groups? *As a snack*

## Food Group Hunt<sup>2</sup>

### Purpose:

- To learn what foods belong to each food group

### Supplies:

- 20 Pictures of Foods from the 5 Food Groups or Food Group Bean Bags
- 30 Dome Cones

### Game Setup:

- Scatter the dome cones around the gym and randomly place a picture of food under cones
- Divide the class into equal teams of 5-7 players

### Description

- On GO, the first person in line will run to a dome and pick it up. If there is a picture under it, grab it, put the cone back down, and take the picture back to the team
- Give the next person in line a high five. They will run to another cone, pick it up and place it back down. Repeat this until all bean bags are found
- Have the students make piles of the pictures based on the five food groups
- The team with the most bean bags win

### Teaching Moment:

- Can you name foods from each of the food group?
- What do foods in each food group have in common? All fruits have seeds, vegetables grow underground or from the ground, all dairy foods are made from milk, most protein foods come from animals (*walk, swim, fly*)

## Traffic Light Disc Bowling<sup>5</sup>

### Purpose:

- To identify the types of foods that are good to eat every day and what foods should be eaten in moderation

### Supplies:

- Red, Green, and Yellow Buckets (Enough for each team to have one of each color)
- Laminated Pictures of Foods/Food Labels
- 6-8 Poly Spots
- 6-8 Foam Frisbee Discs

### Game Setup:

- Randomly place the cones on one side of the gym
- Put a picture of food or a food label underneath each cone
- Divide students into teams of 3 or 4 depending on size of class
- Place a poly spot directly behind the half court line to mark each team's area. If there are 24 students make 8 teams of 3 or 6 teams of four
- Send each team to a poly spot and have them get in a single file line behind their spot. Give each team a green, red and yellow bucket. Hand the first player in line a foam disc

### Description:

- On go, the first person in line will throw their disc and try to knock over a cone
- If they knock over a cone, the player will retrieve their disc and the picture of food or food label that was under the cone they knocked over
- They will then bring the foam disc to the next player in line and as a team, will decide if their food is a go, slow, or whoa food
- If a player does not knock over a cone on their first throw, they have one more try. If they fail to knock over a cone on the second try, they will hand the foam disc to the next player in line and go to the end of the line.
- Once all the cones have been knocked over the game is over
- The winning team will have the most foods correctly placed in the buckets
- For the next round, switch out the pictures or labels with new ones

### Teaching Moment:

- How many of you were surprised by some of the foods?
- Are the ones that we are not supposed to eat very often the ones that are the hardest not to eat?
- Is there anything you could do to offset the unhealthy foods you eat? Exercise to burn off some of the junk foods we eat

## Resources

1. Modified from Dr. Kurt Hinson (2015)
2. Modified from the Coordinated Approach to School Health (CATCH) PE Curriculum
3. Modified from the United States Department of Agriculture's *MyPlate: Serving Up a Yummy Curriculum* (2015)
4. Modified from *How to Teach Nutrition to Kids* by Connie Liakos Evers (2012)
5. Created by the Tulsa Health Departments *It's All About Kids* staff (2015)

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